

### Supplementary Table

Amino acids in carrot juices (mmol/L).

Amino acids	NFCJ	FCJ
Aspartic acid	9.77±1.50	12.92±3.76
Glutamic acid	15.43±2.04	22.16±5.44
Serine	5.04±0.38	6.57±0.48
Histidine	0.71±0.13	4.77±0.19
Arginine	4.94±0.40	4.48±0.34
Glycine	5.33±0.40	5.33±0.27
Threonine	3.19±0.34	3.44±0.59
Proline	6.51±0.52	6.95±0.43
Alanine	17.62±0.90	21.32±0.67
Valine	3.50±0.17	4.01±0.09
Methionine	0.27±0.01	0.27±0.01
Cystine	0.04±0.01	0.08±0.01
Isoleucine	2.67±0.23	2.90±0.15
Leucine	4.04±0.46	4.04±0.38
Phenylalanine	1.70±0.12	1.70±0.18
Lysine	2.26±0.14	2.46±0.14
Tyrosine	1.93±0.11	3.92±0.17

FCJ: Fermented carrot juice with *L. plantarum* NCU116, NFCJ: non-fermented carrot juice. Results are expressed as the means ± SEM (n = 6).

## Supplementary Figure

Final body weight (A), food intake (B) and water consumption (C) in the last week.

Results are expressed as the means  $\pm$  SEM ( $n = 10$ ). Values with different superscripts are significantly different ( $P < 0.05$ ).

